

Dear Community,

This week's email update offers resources related to the TIS principle of **Collaboration & Empowerment** in recognition of the critical importance of community collaboration in this pandemic. Our global interdependence has never been more clear. We appreciate everyone doing their part to take care of themselves, their families and communities.

Please note that TIS's regular *Mindful Moments* will be switching to this [new zoom link](#) beginning April 27<sup>th</sup>.

With love,  
The TIS Team at the San Francisco  
Department of Public Health



## Resources from SFDPH Trauma-Informed Systems (TIS)

4-22-20

### Collaboration & Empowerment

*Trauma involves a loss of power and control that makes us feel helpless. However, when we are prepared for and given real opportunities to make choices for ourselves and our care, we feel empowered and can promote our own wellness.*

[Your Most Powerful Antidote to the Covid-19 Pandemic](#) COVID-19 has led to a massive loss of control. This article suggests antidotes to this loss including focusing on our locus of control, breaking up problems into small steps, helping others, and creating new things.

[Help Your Community Safely](#) This website from the State of California identifies various ways to get involved including [Neighbor Check Ins](#). It also provides a list of local food banks, volunteer centers and shelters. Helping others not only supports community health and wellness; it is empowering and can boost your own endorphins.

## Mindfulness Practices

[Generosity Practice](#) This video from [Ten Percent Happier Live](#) starts with a 5-minute talk and 5-minute meditation led by Kate Johnson. She reminds us that generosity is a practice that promotes collaboration and celebrates interdependence.

**How to Lead Your Own Mindfulness Practice Group** Want to start a mindfulness group at your workplace...or virtual one? Empower yourself with this toolkit from the *Search Inside Yourself Leadership Institute* (SIYLI).

## For Laughs and Love

In our recent survey of TIS agencies, many staff on the frontline mentioned the importance of laughter. As [this article](#) from the Atlantic suggests, humor helps us take back control and connect, two things we've lost in the pandemic. This new section in our weekly newsletter features something to make you smile and to give you "the feels."

**Daycare Closed** In Chris Mann's parody of the Lil Nas X & Billy Ray Cyrus song *Old Town Road* he laments having to play with his toddler all day since his day care is closed. Note the video shows Chris drinking alcohol as a way of coping.

**Seasons of Love** The pandemic has brought about new ways of using technology to collaborate with others. Check out this virtual choir of singing this song from Rent; many of the singers have never met in real life.

## Additional Resources

- DPH's TIS team offers guided ***Mindful Moments*** on Mondays, Wednesdays and Fridays at 11:45am. Join us using this [zoom](#) link. Please note that we are changing zoom accounts: *this is a NEW zoom link which will be effective on Monday, April 27<sup>th</sup>*. You can also check out our [YouTube](#) channel for recordings of previous Mindful Moments.
- During these stressful times it can be helpful to reflect on the **TIS Principles and Competencies** as a framework for how we treat ourselves and each other.
- **Heal San Francisco**: DPH has partnered with a growing collaborative of organizations such as UCSF, Our Children Our Families (OCOF), and Trauma Transformed to form Heal SF, a collective effort to address the mental health needs of our workforce and the larger San Francisco community. Go to their [resources page](#) for useful links.
- **Healing Mass Trauma**: Our friends at Trauma Transformed created this webpage of trauma-informed COVID-19 resources.
- For more information about Trauma Informed Systems at DPH, contact [TIS@sfdph.org](mailto:TIS@sfdph.org) and check out our website at [www.sfdph.org/TIS](http://www.sfdph.org/TIS)

